

PUBLIC HEALTH TRENDS

There is a growing opiate crisis in the United States. People making opiates illegally are finding cheaper production methods. Many use fentanyl to cut other opiates such as heroin. Fentanyl makes the potency 50 to 100 times greater than uncut opiates, making those unaware of it at greater risk of potentially overdosing.

You can protect yourself from fentanyl overdoses using Naloxone (an emergency overdose reversal medication), testing strips to test for traces of fentanyl, utilizing local syringe exchanges, and taking advantage of Good Samaritan Laws. Pacific Pride Foundation's syringe exchange provides both Naloxone and fentanyl testing strips.

HARM REDUCTION TIPS

- Test your opiates for fentanyl with testing strips. That way you're aware of what you're consuming. Find them at your local syringe exchange or pharmacies in your area.
- Go slow and use half of what you normally use to reduce the risk of an overdose in case there is fentanyl present.
- After initial consumption, wait 20 seconds to assess your high to assess whether you've done enough for now or would like to do more. **It's essential to remember that you can always do more but you can never do less.** Be on the safe side to avoid an overdose.
- Have Naloxone on hand and someone in the room who knows how to use it.

S.B. County 24/7 Access & Crisis Hotline
888-868-1649

SYRINGE EXCHANGE

Lompoc: Tuesdays from 4pm to 6pm on the corner of Oak and G Street.

Santa Maria: Wednesdays from 4pm to 6pm at 123 S. College Drive.

Santa Barbara: Thursdays from 5:30pm to 7pm in Alameda Park on the corner of Sola and Anacapa Street.

HEALTH UTILITY VEHICLE

Provides free and anonymous rapid HIV and Hep C testing at all syringe exchange locations. Results are provided in 20 to 40 minutes!



SANTA BARBARA COUNTY
DEPARTMENT OF
Behavioral Wellness
A System of Care and Recovery

(805) 681-5440



PACIFIC PRIDE
FOUNDATION

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Headquarters

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@PacificPride



@pridecentersb

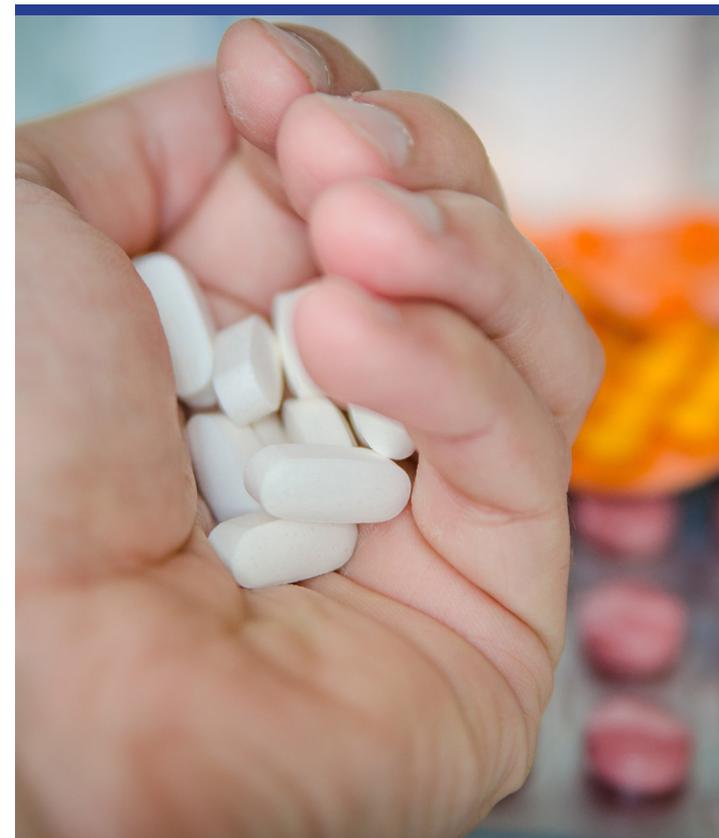


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Opiate Safety



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IN CASE OF AN OVERDOSE

First, call 911 for emergency medical assistance.

If worried of a possible arrest, there are Good Samaritan Laws that protect those who call in overdoses. It is important that you call immediately, it could save a life.

Check responsiveness. Look for:

- No response even if you shake them or say their name
- Breathing slows or stops
- Lips and fingernails turn blue or gray
- Skin is pale or clammy

If they are still conscious make sure to keep them awake.

Rub their sternum with your knuckles. While uncomfortable for them, this may help keep them conscious.

If they do not respond and are unconscious, administer Naloxone.

Follow with rescue breathing. If they aren't breathing at least one breath every five seconds, tilt their head back, pinch their nose closed, and give one slow breath every five seconds until paramedics arrive. Watch to see that their chest rises and falls with each breath.

Stay with them until help arrives.

If you must leave, give the person rescue breathing until you hear the ambulance sirens. Then, put the person on their side with their hands under their head. This way, if they vomit, they won't choke on it.

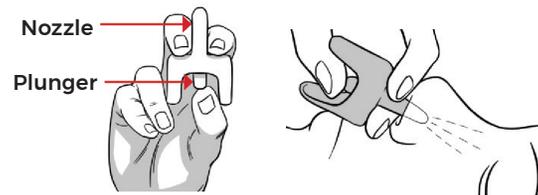


WAYS TO ADMINISTER NALOXONE

Follow the instructions below for the type of Naloxone you have.

Nasal Spray

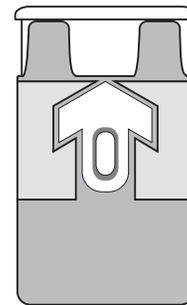
This nasal spray needs no assembly. Lay the person on their back, tilt their head, and spray the Naloxone into one nostril by pushing the plunger.



Auto-injector

The Naloxone auto-injector needs no assembly and can be injected into the outer thigh, even through clothing. It contains a speaker that provides step-by-step instructions.

Press auto injector firmly on outer thigh, hold for 5 seconds.



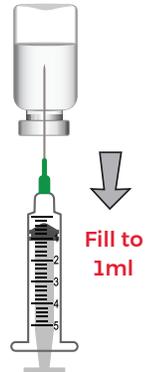
Injectable Naloxone

This requires assembly. Follow instructions below.

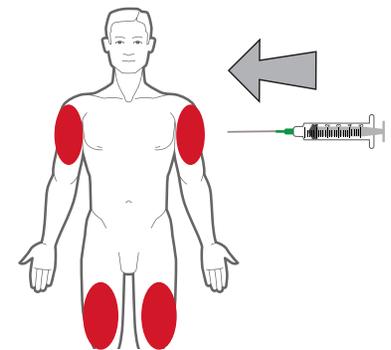
1. Remove cap from Naloxone vial and uncover the needle.



2. Insert needle through rubber plug with vial upside down. Pull back on plunger and take up 1 ml.



3. Inject 1 ml of Naloxone into an upper arm or thigh muscle.



NEXT STEPS...

Continue rescue breathing and chest compressions. If no response in two minutes, administer a second dose if available.

Naloxone can wear off after 30 mins. for extremely high doses of opiates. After administering Naloxone, make sure that person does not lose consciousness again within an hour of administering.